

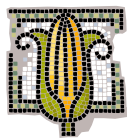
# Fiber Facts

## BREADS AND CEREALS



	Serving Size	Grams of Fiber
Fiber One	1 oz.	12.0
100% Bran	1 oz.	9.0
All-Bran	1 oz.	9.0
Bran Buds	1 oz.	8.0
Corn Bran	1 oz.	5.0
Bran Chex	1 oz.	4.4
Raisin Bran	1 oz.	4.0
40% Bran Flakes	1 oz.	4.0
Bran Muffin Crisp	1 oz.	4.0
Wheatena	1 oz.	4.0
Wheaties	1 oz.	4.0
Shredded Wheat	1 oz.	3.5
Grapenuts	1 oz.	3.0
Cornflakes	1 oz.	3.0
Oatmeal, uncooked	1/3 cup	1.9
Rye wafers, 3 1/2 in.	3	2.3
Whole wheat bread	1 slice	2.1
Cracked wheat bread	1 slice	2.1
Pumpernickel	1 slice	1.2
Rye bread	1 slice	1.2

## VEGETABLES AND LEGUMES



Beets	1/2 cup	2.1
Broccoli	1/2 cup	3.2
Brussels sprouts	1/2 cup	2.3
Cabbage, shredded and boiled	1/2 cup	2.0
Carrots	1/2 cup	2.3
Corn	1/3 cup	3.1
Eggplant	1/2 cup	2.5
Kidney beans	1/2 cup	9.3
Lentils, uncooked	1/4 cup	5.6
Peas, dried, uncooked	1/4 cup	4.0
Peas, green	1/2 cup	4.2
Potato, medium, baked, with skin	1	3.0
Potato, medium, boiled, peeled	1	2.7
Spinach, boiled	1/2 cup	5.7
Sweet potato, boiled	1/2 cup	2.3
Tomato, medium	1	2.0
Turnips, boiled, mashed	1/2 cup	3.2

## FRUITS



	Serving Size	Grams of Fiber
Apple, 3 in	1	3.3
Applesauce	1/2 cup	2.6
Apricots, dried	1/4 cup	7.8
Banana, sliced	1/2 cup	2.6
Dates	5	3.1
Fig, medium	1	2.4
Nectarine, medium	1	3.0
Orange, 2 1/2 in.	1	2.4
Peach, 2 1/2 in.	1	1.4
Pear, 2 1/2 in.	1	2.6
Prunes, uncooked	4	4.0
Prunes, stewed	1/2 cup	7.8
Raspberries	1/2 cup	4.6
Rhubarb, stewed	1/2 cup	2.8
Strawberries	1/2 cup	1.7
Tangerine, medium	1	1.6

## SNACKS



Almonds	1/4 cup	5.1
Peanuts	1/4 cup	2.9
Popcorn	4 cups	1.6
Graham Cracker, squares	2	1.3

**Soluble Fiber** may help lower blood cholesterol and help stabilize blood sugar levels.

Note: Oatmeal, broccoli, corn, kidney beans, lentils, peas, corn, sweet potatoes, apples, bananas, oranges, blackberries, and prunes are good sources of soluble fiber.

**Insoluble Fiber** adds bulk to the foods in the digestive tract, increases the water in the stool, and may shorten the time that food takes to move through the bowel.

Note: Vegetables, nuts, seeds, wheat, wheat bran, and most grain fibers contain more insoluble than soluble fiber.

Information sources: Jane Body, New York Times & "Basic Nutrition Facts: A Nutrition Reference" by the Michigan Department of Public Health and the Cooperative Extension Service of Michigan State University